2017 VOLLEYBALL TRYOUTS AND CRITERIA

Welcome to Atascocita High School Volleyball!

The Lady Eagles Volleyball coaches are looking for dedicated student-athletes who take pride in their school and are willing to make a maximum effort in both the classroom and on the volleyball court. Wearing an Eagles uniform is a privilege, one that carries both responsibilities and rewards.

Tryouts are **Tuesday and Wednesday, August 1-2, 2017.**

**Athletic Paperwork**

You can attend tryouts ONLY after completing all the following paperwork required by Atascocita High School.

This will be done online with our Rank One Electronic form system.

**Rank One - Online Athletic Paperwork**

**Step 1:** Go to the following website:

[www.rankonesport.com](http://www.rankonesport.com)

**Step 2:** Look at the top right side of menu bar and select "FILL OUT ELECTRONIC FORMS"

**Step 3:** select the state "TX"

**Step 4:** click the School District's Name "Humble ISD"

**Step 5:** click on "ELECTRONIC PARTICIPATION FORMS"

**COMPLETE FORMS AND "SUBMIT"**

- You must visit your healthcare provider and have them complete the PHYSICAL EXAMINATION form.
- You must return the PHYSICAL EXAMINATION FORM to the AHS Physical Trainer and you will receive a receipt.
- The **Yellow** Copy will go to the AHS Volleyball Program.
- You must complete the Online Pre-Registration Questionnaire on the AHS Volleyball Website. (This will make the registration process faster) If you arrive the day of, we will also have paper copies available.

- **If you are transferring from a school outside of the district or the AHS attendance zone, please contact Coach Brown prior to try-outs for additional paperwork.**

All your paperwork must be completed and returned to the Atascocita High School Athletic Trainer’s office before participation will be allowed.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, Aug 1, 2017</td>
<td>First Day of Try-Outs</td>
</tr>
<tr>
<td>7:30-8:30am</td>
<td>Registration &amp; Welcome</td>
</tr>
<tr>
<td>8:30-10:30am</td>
<td>Incoming Freshman Only (Upperclassmen dismissed)</td>
</tr>
<tr>
<td>10:30am-12:30pm</td>
<td>Incoming 10th-12th Graders Only</td>
</tr>
<tr>
<td>2:30-5pm</td>
<td>All Athletes Return for Afternoon Session</td>
</tr>
<tr>
<td><strong>No Cuts will be made on the first day</strong></td>
<td></td>
</tr>
<tr>
<td>Wednesday, Aug 2, 2017</td>
<td>Day Two of Try-Outs (Teams Selected at the End of the Day)</td>
</tr>
<tr>
<td>8:30-10:30am</td>
<td>Incoming Freshman</td>
</tr>
<tr>
<td>(1st cuts will be made following workout)</td>
<td></td>
</tr>
<tr>
<td>10:30am-12:30pm</td>
<td>10-12th Graders</td>
</tr>
<tr>
<td>(1st cuts will be made following workout)</td>
<td></td>
</tr>
<tr>
<td>12:30-2:30pm</td>
<td>Break</td>
</tr>
<tr>
<td>2:30-5:30pm</td>
<td>All Athletes</td>
</tr>
<tr>
<td>(Final will be made following workout)</td>
<td></td>
</tr>
<tr>
<td>Thursday, Aug 3, 2017</td>
<td>Team Meetings (All Players) 9am</td>
</tr>
<tr>
<td></td>
<td>All players 9:00-11:30am and 2:4:30pm</td>
</tr>
<tr>
<td>Fri, Aug 4, 2017</td>
<td>All teams scrimmage at Clear Lake High School</td>
</tr>
<tr>
<td>Sat, Aug 5, 2017</td>
<td>All teams scrimmage at Kingwood Park High School</td>
</tr>
<tr>
<td>Monday, August 7th</td>
<td>5:30pm Parent Meeting in AHS Cafeteria</td>
</tr>
<tr>
<td><strong>All Times Subject to Change. Will be updated on AHS VB Website &amp; Twitter</strong></td>
<td></td>
</tr>
</tbody>
</table>

BE ON TIME, which means arrive 30 minutes prior. Do not schedule conflicting appointments during any part of tryouts. Registration takes time and we want to ensure a prompt start time.

Parents are NOT allowed to watch tryouts. After introductions, tryouts will be closed.
**Break/Lunch**
During Break Periods, please arrange to have lunch prior to or bring to your daughters. Athletes will not be allowed to walk off campus unsupervised. Those with vehicles may leave and athletes need to make sure arrangements are made before. Parents can pick up and drop off during this time. We will NOT provide lunch. Please arrive on time for second session.

**What to Bring/ What to Wear**
Wear comfortable clothes: t-shirt, shorts/spandex, socks, court and outdoor shoes.

Do not wear spaghetti-strap tops, headwraps or shirts exposing a bare midriff.

Do not bring jewelry (including earrings) to the gym.

Kneepads

Water/Towel

**Tryout Criteria**
The coaching staff will be looking for coachable athletes who have a great work ethic and want to learn to be better players and teammates.

Prior volleyball experience or skill helps, but is not required. Prospective student-athletes will be tested and evaluated for their overall athletic ability and level of volleyball skill.

Coaches will apply the following criteria:

- **Attitude**: Players who are positive, competitive and eager to learn. More points will be given to those who demonstrate strong leadership skills, ability work/communicate as a team.
- **Athletic Ability**: Players with the ability to learn and perform complex skills. Volleyball puts a premium on explosiveness and rewards those who are unafraid to attack the ball.
- **Position**: Players whose skills fit a specific need for the team’s overall balance.

**What to Expect at Tryouts**

- **Expect to work hard**: You will be asked to perform all physical testing and drills at full speed. You should run when shagging balls, when moving from drill to drill and when going to and from water breaks.

- **Skill Introduction**: Prospective student-athletes will be taught the basics of the Panthers Volleyball system, including passing, serving, attacking, setting, blocking and defense.
• **Attitude Evaluation**: Prospective Eagles should be willing to try hard, make mistakes, learn from those mistakes and keep trying.

• As with most team sports, coaches will evaluate players for their ability and potential to fill specific positional needs (setter, outside hitter, middle blocker, opposite hitter, defensive specialist, and/or libero).

**How to Impress the Coaches**
1. Be among the first to arrive in the gym and among the first to help set up nets and equipment.
2. Be among the first to line up for drills.
3. Look the coach in the eye when she/he speaks to you or the team.
4. Be a champion ball shagger.
5. Be among the first to help take down the nets and put away the equipment.

**Options for players that do not make the team**

Tryouts are a difficult time. One of the toughest jobs for any coach is the final decision about which players make which team. The Lady Eagles Volleyball coaching staff strives to make all decisions fairly, without bias, based on a numerical calculation of all evaluators throughout the sessions of tryouts. During the tryout process, it is not unusual for some girls to decide they would rather not continue trying out. If you think you’d like to withdraw from consideration for a spot on the team, please talk with one of the coaches before leaving the gym.

If you are not satisfied with your performance, and are considering not playing, there are other options available to you that can keep you involved in volleyball.

1. **Be a team manager**. Volleyball managers have a chance to learn leadership and organizational skills and fill a valuable role on the team. You will undergo a selection process from the Assistant and Head Coaches.
2. **Be a team statistician**. This person will be traveling with the team and taking stats for the players. This position is important because it will help the coaches make decisions about offensive and defensive strategies for the games.

**Tryouts Criteria**

Players will be rated on volleyball skills, agility, athleticism, position, attitude and coachability.

Scoring Legend
1 = Poor
2 = Below Average 3 = Average
4 = Above Average 5 = Excellent
At the end of tryout, all evaluation sheets will be collected by the volleyball Head Coach and kept until the entire tryout process for all grade levels are complete.

**Tryout Drills**

Each player in attendance will be rated on the following items:

- Speed
- Agility
- Endurance
- Strength
- Passing
- Receiving
- Setting
- Hitting
- Blocking
- Serving
- Overall Game Speed, performance under pressure

Players may receive written evaluator comments in categories such as:

- Quickness
- Athleticism
- Teamwork
- Character
- Following Directions
- Effort
- Finishing a Play/Drill
- Coachability
Team Selection Process
The Freshman, Junior Varsity and Varsity teams will be formed using the following process:

1. Coaches will determine the number of players on each team.
2. Any grade level can make the Varsity team.
3. Only players that attend the tryouts may be chosen for a select team. A player missing a tryout session or those signing-up after tryouts are ineligible for a select team. If there is a legitimate excuse as in death in the family or injury to the player, an individual decision will be made and it will be at the discretion of the coaching staff.
4. The following will be used to influence a coach’s selection

- **Tryout Evaluation Form**: The evaluation process is an important piece of information to a coach’s decision but not the only piece. The tryout evaluation form provides an independent observers opinion on an individual’s specific skill; it does not provide important details regarding non-skills attributes nor does it take into consideration a coach’s style of play.

- **Player Distribution**: A quality, competitive team must have players that collectively possess all volleyball skills and attributes.

- **Intangible Skills**: In addition to the tangible volleyball skills, we will also consider intangible elements when finalizing our rosters. Intangible attributes would include: character, coachability, competitiveness, performance under pressure, court awareness, and team chemistry.

TIME COMMITMENT FOR VOLLEYBALL
Like all worthwhile extra-curricular activities, high school sports require a substantial commitment. Volleyball – an ultimate TEAM sport – demands that diverse individuals work as one, in a fast-paced test of coordination, concentration and – above all – cooperation. Building a team requires a commitment of everyone’s TIME.